PERSONAL FITNESS

Sample Food Journal

1/4/2022	Meal	Time	Food Description	Beverage	Portion	Moods	Thoughts
MONDAY							
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/5/2022	Meal	Time	Food Description	Beverage	Portion	Moods	Thoughts
TUESDAY							
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/6/2022	Meal	Time	Food Description	Beverage	Portion	Moods	Thoughts
WEDNESDAY							
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

1/7/2022	Meal	Time	Food Description	Beverage	Portion	Moods	Thoughts
THURSDAY							
	Breakfast						
	Lunch						
	Dinner						
	Snack						
	Exercise						

PERSONAL FITNESS

Sample Food Journal

1/8/2022	Meal	Time	Food Description	Beverage	Portion	Moods	Thoughts
	Breakfast						
	Lunch						
FRIDAY	Dinner						
	Snack						
	Exercise						

1/9/2022	Meal	Time	Food Description	Beverage	Portion	Moods	Thoughts
	Breakfast						
	Lunch						
SATURDAY	Dinner						
	Snack						
	Exercise						

1/10/2022	Meal	Time	Food Description	Beverage	Portion	Moods	Thoughts
	Breakfast						
	Lunch						
SUNDAY	Dinner						
	Snack						
	Exercise						